

Performance Self-Evaluation Worksheet

Date: _____

Your Performance Score

On a scale of 1.0 - 10.0, with 10.0 being the best, how would you rate the quality of your playing?

What did you do well?

What needs work?

Your Mental Score

On a scale of 1.0 - 10.0, 10.0 being the best, how would you rate the mental aspect of your performance?

What did you do well?

What needs work?

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